

## Menu Plan - #1

MONDAY	<ul style="list-style-type: none"> <li>• Tortellini Soup</li> <li>• Sour Cream Biscuits</li> </ul>
TUESDAY	<ul style="list-style-type: none"> <li>• Parmesan and Parsley Bread</li> <li>• Extra Large Salad (Make Your Own) with Dijon Vinaigrette</li> </ul> <p>*Chop all your veggies and reserve for later this week</p>
WEDNESDAY	<ul style="list-style-type: none"> <li>• One Pot Spaghetti               <ul style="list-style-type: none"> <li>○ Cook all of the ground beef and reserve half for Friday</li> </ul> </li> <li>• Caesar Salad with Light Creamy Caesar Dressing</li> </ul>
THURSDAY	<ul style="list-style-type: none"> <li>• Crispy Cheese Topped Fish</li> <li>• Steamed Vegetables               <ul style="list-style-type: none"> <li>○ If time permits, chop all the broccoli and reserve approximately 4.5 cups for Friday and Saturday</li> </ul> </li> </ul>
FRIDAY	<ul style="list-style-type: none"> <li>• Cheeseburger Pizza               <ul style="list-style-type: none"> <li>○ Use the reserved ground beef</li> </ul> </li> <li>• Leftover Vegetables               <ul style="list-style-type: none"> <li>○ Use any leftover steamed vegetables or raw veggies from salads this week</li> </ul> </li> </ul>
SATURDAY	<ul style="list-style-type: none"> <li>• Spicy Baked Fish</li> <li>• Broccoli Pepper Stir-Fry               <ul style="list-style-type: none"> <li>○ Use the reserved broccoli florets</li> </ul> </li> </ul>
SUNDAY	<ul style="list-style-type: none"> <li>• Slow Cooker Pot Roast</li> <li>• Roasted Potatoes with Radishes</li> </ul>

ATCO Blue Flame Kitchen has provided household advice and recipes in the province of Alberta for more than 85 years.  
*Through our ATCO Blue Flame Kitchen Answer Line, our Calgary Learning Centre and our website, ATCO Blue Flame Kitchen provides reliable information on a variety of daily living, household and cooking topics.*

Need tips on cooking, recipes, food safety, stain removal and other household problems? We can help. Call us toll-free at 1.877.420.9090, or chat with us online using our live chat tool.

